

## SERVICE- LEARNING AND INTERNSHIPS

For information on coordinating internships and service-learning projects contact the Department of Parks and Recreation at:  
[environment@stpaul.gov](mailto:environment@stpaul.gov)  
or call 651-632-2459.



For more information on events and opportunities citywide, please visit the City of Saint Paul's website at:  
[www.stpaul.gov](http://www.stpaul.gov)



City of Saint Paul  
Department of Parks and Recreation  
1100 N. Hamline Avenue  
Saint Paul, MN 55108

# VOLUNTEER!

## WITH SAINT PAUL PARKS AND RECREATION!

Saint  
paul Parks and Recreation

Helping to Make Saint Paul  
The Most Livable City in America

# WHY VOLUNTEER?

Volunteers are essential to Saint Paul Parks and Recreation. With their assistance, we are able to offer the broader range of cultural, educational, and recreational programs the residents of Saint Paul have come to expect and currently enjoy. Through the time they donate coaching, teaching, working in parks, and fundraising, volunteers have improved the environment and touched the lives of thousands of youth, adults, seniors, and families.

Regardless of your age, ability, or time constraints, we can find a meaningful way for you to get involved in your community and help us make Saint Paul the most livable city in America.



For more information visit us at:  
[www.stpaul.gov/parks](http://www.stpaul.gov/parks)

# GET INVOLVED TODAY!

# VOLUNTEER

## Recreation Services

Work directly with youth and other community members by volunteering at a recreation center.

Recreation centers depend on volunteer support through involvement in booster clubs, athletic coaching, and teaching classes. Help strengthen your community by contacting your local recreation center or Parks and Recreation Volunteer Services at 651-266-6464.

## Youth Sports Coach and Referees

Share your expertise and love of the game, be a youth sports coach or referee.

Contact: [recvolunteers@stpaul.gov](mailto:recvolunteers@stpaul.gov) or 651-292-7244.



## Adaptive Recreation

Volunteer with mentally and/or physically disabled individuals in a variety of learning and leisure activities including, swimming, bowling, music, arts, crafts, and more! Contact: [adaptiverecvolunteers@stpaul.gov](mailto:adaptiverecvolunteers@stpaul.gov) or 651-793-6635.

## 50+ Recreation Programs

Spend time with adults age 50+. Activities include exercise programs, a bowling league, special events, trips and tours, a four-part chorus, and much more!

Contact: [50plusrecvolunteers@stpaul.gov](mailto:50plusrecvolunteers@stpaul.gov) or 651-266-6447.

## Phalen Outdoor Adventure Day Camp

Assist young day campers with activities including canoeing, kayaking, archery, outdoor games, crafts, and swimming. Camp runs June-August. Volunteers ages 14 to 18 welcome.

Contact: [aquaticvolunteers@stpaul.gov](mailto:aquaticvolunteers@stpaul.gov) or 651-771-7507.

## Junior Lifeguarding Program

Start your lifeguarding career as being a junior guard at the Great River Waterpark or Highland Park Aquatic Center.

Contact: [aquaticvolunteers@stpaul.gov](mailto:aquaticvolunteers@stpaul.gov) or 651-642-0650.

# OPPORTUNITIES

## Parks and Natural Resources

Help protect and enhance our parks, gardens, and natural resources. Individual and group volunteers are welcome! Find us on-line by searching 'Volunteer Resources' on the city website or by calling 651-632-2459.

## Park Stewards

Take care of your favorite neighborhood park by cleaning, monitoring, or gardening.

Contact: [parkstewards@stpaul.gov](mailto:parkstewards@stpaul.gov) or 651-632-2459.

## Garden Stewards

Join the Blooming Saint Paul team and help beautify Saint Paul by maintaining a city garden near you!

Contact: [blooming@stpaul.gov](mailto:blooming@stpaul.gov) or 651-632-2454.



## Eco Stewards

Restore our native landscapes and protect our waterways. Volunteer year-round at events or simply participate in the annual Spring Parks Clean-Up!

Contact: [environment@stpaul.gov](mailto:environment@stpaul.gov) or 651-632-2459.



## Como Park Zoo and Conservatory

Experience the fascinating connections between people, plants, and animals. As a Como Zoo or Marjorie McNeely Conservatory volunteer greet guests, assist in gardens, teach others about the exhibits as an interpreter, and more!

Apply online: at [www.comozooconservatory.org/vol](http://www.comozooconservatory.org/vol)

Contact: [comovolunteers@stpaul.gov](mailto:comovolunteers@stpaul.gov) or call 651-487-8252.